

FREEDOM FROM SMOKING®

Congratulations! If you're thinking about quitting smoking, you've taken the first step to quitting for good.

The workshop will be taught by Robert Schweitzer, a certified trainer for the American Lung Association's *Freedom From Smoking*® program.

At the workshop you'll get a **Participant Workbook** that covers the following topics:

- ☐ *Knowing if you're ready to quit smoking*
- ☐ *Medicines to help you quit smoking*
- ☐ *Lifestyle changes that make quitting easier*
- ☐ *Coping strategies*
- ☐ *Managing stress*
- ☐ *Avoiding weight gain*
- ☐ *Developing a new self-image*
- ☐ *How to stay smoke free for good*

You'll also get a **Relaxation Exercises CD** that helps you relax more as you quit.

Additional Benefit: Employees who take this class will be able to purchase brand name smoking cessation medications currently not covered by their health plan at the brand name co-pay rate.

Each workshop is limited to **10** participants so you get personal attention. And because no two smokers are alike, the program helps you create your own quit plan.

The 8-session class is \$20 per person (for materials). Please bring payment with you to the **1st** session. (*Exact change or a personal check made out to: City of Milwaukee.*) **NOTE:** This is **not** covered by the Tuition Benefit.

Contact your departmental Training Information Coordinator to enroll.

COURSE #:	052
# of Openings:	3
DATES:	8 sessions: June 24, July 1, 8, 15, 18, 22, August 5, 12
TIME:	4:00 – 5:00 pm
LOCATION:	DNS Lake Tower Training Room, 4001 S. 6 th Street

ADDITIONAL SESSIONS WILL BE SCHEDULED THIS FALL. To be notified of upcoming Training Programs please subscribe to E-Notify for Training Bulletins!

Updated 06-23-2008

TRAINING INFORMATION COORDINATOR LIST

(revised 5/13/08)

DEPARTMENT	NAME	EXT.	LOCATION
Assessor	Amy Stenglein	3110	CH, Room 507
City Attorney, Office of	Barbara Woldt	8822	MB, 7 th Floor
City Clerk (Common Council)	Kathy Mollica	2236	CH, Room 205
City Development, DCD & RACM	Laurie Hoffman-Ory <i>or</i> Jeannie Laskowski	5887	809 Bldg, 2 nd Floor
City Development, HACM	Todd Slusar	5939	809 Bldg, 3 rd Floor
City Treasurer's Office	Jason Bahr	2208	CH, Room 103
Comptroller's Office	Diane Marek	2305	CH, Room 404
Deferred Compensation	Elaine Bieszk	5541	CH, Room 103-P
Election Commission	Denise Walton	5995	CH, Room 501
Employees' Retirement System	Todd Warner	2168	789 N. Water, Suite 300
Fire Department	Julie Ann Schleifer	5289	6680 N. Teutonia Ave.
Health Department	Shaira Hanif	3383	MB, 3 rd Floor
Library, Milwaukee Public	Candice Hoze Judith Zemke	3048 3028	814 W. Wisconsin Ave.
Mayor's Office	Pat Stawicki	3534	CH, Room 201
Municipal Court	Clarice Hall Moore	3820	951 N. James Lovell
Neighborhood Services	Todd Weiler	3214	MB, 1 st Floor
Police Annuity & Benefit Fund	Bonnie Stahl	2111	CH, Room 605
Police Department	Sgt. Timothy Wilger	7964	6680 N. Teutonia Ave.
Port of Milwaukee	Donna Luty	3511	2323 S. Lincoln Mem. Drive
Department of Administration:			
• Budget & Management	Crystal Ivy	3449	CH, Room 307
• Community Develop. Grant Admin	Dawn Hoogland	3822	CH, Room 606
• Information & Tech Mgmt Div.	Lisa Olive	2336	809 Bldg, Room 400
• Intergovernmental Relations Div.	Mary Olinger	5584	CH, Room 606
• Business Operations	Karen Cutts	3508	CH, Room 601
Department of Public Works:			
• Administration/Tow Lot	Patricia Hooker	3703	MB, Room 516
• Infrastructure Services	Marjorie Washington-Jones	2407	MB, Room 701
• Water Works	Paulina Solis	2926	MB, Room 409
• Operations Division:			
✓ Facilities Management	Leonard Moye <u>OR</u> Ronald Schoeneck	2156 2972	MB, Room 602 MB, Room 602
✓ Fleet Services	Kathy Bailly	2261	2142 W. Canal St.
✓ Forestry Section	Claudia Whittow	3597	MB, Room 619
✓ Operations Section	Wayne King	2705	2142 W. Canal St
✓ Sanitation Section	Nicole Walter	3723	MB, Room 620